

# SCOUT SESSION PLAN 1

**Badge:** Chef Badge

**Duration:** 2-4 Hours

**Spiritual Link:** service to others, avoiding food waste, moderation in food consumption (1/3 food, 1/3 water, 1/3 empty), dua before and after eating.

**Warm up:** the warm-up will require each Scout to have a small ball. They must run around, and once the Leader says 'Stop', they must bounce the ball once with their dominant hand and catch it with their non-dominant hand. Once caught, they must continue to run around. Those that use both hands, or drop the ball/fail to catch are out. This continues until 1 Scout is left as the Winner

This session combines the skills of cooking, budgeting, planning and coordination. Scouts can begin by planning a menu to make with a set budget (£10) in small groups. They can use tools such as cookbooks or the internet to find recipes. You can simplify this by designating a cuisine, meal type or even a recipe per group. If you do not have access to kitchen spaces, ensure all recipes are suitable to be made outdoors on a Trangia.

Once they've made a menu (with minimum 2 recipes), they will list all the ingredients that they need, and use the online supermarket tool of choice to research prices (alternatively, they can estimate roughly how much they are willing to spend on each item) e.g. Butter £1, Bread 90p etc.

When visiting the supermarket, each group should be given their budget money and should purchase their ingredients based on the lists that were pre-made. Cash will ensure that they are able to visualise how much they are spending to ensure they remain in budget.

When preparing their meals, Scouts should all follow hygiene rules and tie back their hair, wash their hands thoroughly and wear gloves if necessary, and understand the importance of this.

## SESSION PLAN

They must also be aware of food storage protocols, storing dairy and meat in the fridge, and washing all produce and equipment

Once all the ingredients are prepared, they can begin to cook. If they are using indoor kitchen equipment, they must understand safety tips associated with knives, sharp tools and general equipment. Supervision is required whilst they are using heat sources/trangias.

Throughout the cooking period, ensure that the Scouts understand effective waste proposal methods (recycling tins, plastic and paper, binning peels and food waste) and maintain appropriate hand washing and hygiene standards throughout.

Once their meals have been prepared, they can plate up., and ensure all heat sources are switched off and all knives and sharp tools are away.

Their meals can be served alongside their menus, ingredients list, receipts and any other relevant plans.